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SOCIAL AND REHABILITATION SERVICES

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Season's
Greetings
from all of us



Governor Thomas L. Judge

Photo by Bobbi Gruel

STATE OF MONTANA

SRS NEWS
SOCIAL AND REHABILITATION SERVICES

Thomas L. Judge..... Governor
Theodore P. Carkulis..... Director

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**Theodore Carkulis, Director, Montana
Social & Rehabilitation Services.**

Photo by Paul Miller

In this issue, on page . . .

- 3** Visual Services Administrator Dies
- 4** Title 20 Provides DD Services
- 6** Fair Hearings
- 7** Montana Rehabilitation Center for
Children and Adults
- 8** Ollie Randall's Speech at Aging
Conference
- 9** Governor's Speech at Aging
Conference
- 10** Aging Conference Workshops
- 13** Achievement Places, Family
Teaching Centers
- 14** Visual Services
- 15** MAR Awards
- 16** Veterans' Benefits Timetable;
Recreation Mini-Grants

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susan kirkpatrick,
editor
debbie patzer,
circulation clerk



Emil Honka

Photo by Dick Field

Heart Attack Takes the Life Of Emil Honka

Emil Honka, administrator of the Visual Services Division, Montana Department of Social and Rehabilitation Services, died of a heart attack at his home Thanksgiving Day. He was 54 years old.

Honka, who was legally blind himself, had been involved in services to the blind since 1943. At that time he became secretary of services for the blind in the Department of Public Welfare.

Between 1950 and July of 1960, he held every position in visual services. He started a program for preschool blind children and assisted in developing home teaching services.

Honka was appointed director of the Division of Visual Services in 1964, and under government reorganization in 1972 he became administrator of the Visual Services Division of SRS.

Honka was born to Mr. and Mrs. John Honka on December 28, 1920, in Butte. He was raised in Butte and was graduated from Butte High School. He also attended Butte Business College, from which he received a life scholarship. He attended the University of Montana for two years and was graduated in 1950 from Washington University, St. Louis, Mo., with a bachelor's degree. He

received master credits from the University of Denver and San Francisco State College.

Honka married Phyllis Barrett in Billings in 1951. They have five adopted children, all of whom survive. They are: Janece Stevens, Duey, Eric, Marlis and Curtis, all of Helena.

Honka was a member of the First Church of Christ Scientists of Helena; the first Church of Christ Scientists Mother Church in Boston; Morning Star Lodge No. 5, A.F. & A.M.; the National Council of State Agencies for the Blind; a charter member of the Montana Association for the Blind; a charter member and past president of the Breakfast Lions Club of Helena; past president of the Rocky Mountain Chapter of the American Association of Workers for the Blind; the Metropolitan Dinner Club; a life member of the National Rehabilitation Association, and a member of the Montana Rehabilitation Association.

Other survivors include a brother, William, of Butte; a granddaughter, Dianne Stevens, Helena, and three nieces.



Legislation Improves Quality of Life For State's Developmentally Disabled

Title 20 of Social Security Act Provides for:

Protection from Exploitation
Daily Living Skills
Vocational Training
Friendship Services
and More

Recently enacted legislation at the state and national levels has had appreciable effect on the approximately 21,000 mentally retarded persons in Montana.

"Most significatly," says Theodore Carkulis, director, Montana Department of Social and Rehabilitation Services (SRS), "the legislation recognizes the fact that developmentally disabled individuals are human beings just like everyone else. This represents an important change in the attitude toward disadvantaged people."

Moderately retarded persons, who make up about six per cent of the total mentally retarded population, will be the first to feel the impact, says Mike Morris, chief of the SRS Developmental Disabilities Bureau.

Title 20 of the national Social Security Act provides the basics for many of the supportive services to help developmentally disabled persons achieve some degree of independence and self-sufficiency.

According to Carkulis, "More than 25 per cent of the total Title 20 budget for Montana from October 1, 1975, through June 30, 1977, will be for services for the developmentally disabled."

Title 20 provides federal financial support (75 per cent of the total budget) for the state's whole range of social services, including those for the developmentally disabled. Among the social services provided by SRS, which administers Title 20, for the developmentally disabled are: protective and advocacy services, daily living training, child and adult foster care, health-related services, homemaker and chore services, preschool training, transportation, treatment and follow-along and vocational services.

Protective services help prevent the exploitation of a developmentally disabled person and his or her finances or property. Carkulis explains that SRS may assume, through the court, guardianship of a developmentally disabled youth or adult. SRS may initiate proceedings to take this



role because the person has no family or friends able to take the responsibility. Or, a parent or guardian may request that SRS become legal guardian because it is felt the developmentally disabled person will be better cared for under such an arrangement.

As legal guardian, Carkulis explains, SRS would handle any incoming or outgoing financial or property transactions. For example, a developmentally disabled person living in a group home might receive a small inheritance. A "well-meaning" relative could not come in and convince the developmentally disabled person that that relative would invest the inheritance to make more money and then turn around and appropriate the money for himself. The relative would have to go through SRS, as legal guardian, instead of dealing directly with the developmentally disabled person. Under protective services, SRS acts on behalf of the developmentally disabled person in any situation where any legal guardian or parent would be called upon to act.

Hand in hand with protective services are advocacy services, which are available to all developmentally disabled persons no matter whether they are under protective services or not. Erich Merdinger, assistant chief of the SRS Developmentally Disabilities Bureau, calls these "friendship types of services". He says they involve people from all walks of life and usually they are one-to-one relationships. He compares them to big brother, big sister associations.

Advocacy services support such things as formation of friendship bonds and cooperation with others, reliable legal assistance, protection as far as one person just keeping an eye out for another and assistance in daily living and vocational skills. Advocacy services could motivate a developmentally disabled person in his or her work, encourage the person to have confidence in himself and to develop a sense of responsibility and to overcome stigmas attached to being developmentally disabled. They are the kinds of things one friend does for another.

Daily living and vocational training assist the developmentally disabled person in becoming as self-sufficient and independent as possible.

Daily living skills, says Carkulis, are such things as grooming and personal care, cooking, housekeeping, riding and summoning public transportation, following street directions and traffic signals and knowing how to call the police and fire stations and the doctor.

Vocational skills include actual employment skills, proper work habits and interview procedures.

Homemaker, chore and health-related services are aids to the developmentally disabled person who is not able to be entirely self-sufficient. If, for example, a person is physically as well as mentally disabled, he or she may need someone to come into the house or apartment to help with the heavy cleaning. Or, another person might be able to live on his own if someone comes in to help prepare meals or do the ironing.

A nurse, for example, may make regular stops to be sure that a developmentally disabled person is taking prescribed medication or that a bandage is being regularly changed.

In the cases of developmentally disabled children, especially those who have lived most or all of their lives in Boulder River School and Hospital, preschool training may be necessary before the child enters special education classes in the community. As Marge Rankin of the SRS Developmental Disabilities Bureau has explained, children often develop institutional habits such as banging their heads against a wall or destroying things—even windows—to get attention.

An attempt is made to halt the institutional behavior before the child is exposed to so-called "normal" behavior in school and the community. An attempt is made to assist parents, teachers, employers and especially the children themselves, Carkulis says, in erasing institutional behavior that contributes to the stigma attached to the mentally retarded.

Another of the laws passed by the state legislature this year, continues Carkulis, says that developmentally disabled persons will be institutionized only as a last resort. The law states that unless they are proved dangerous to themselves or to others, they will live and receive education and care in the least restrictive settings possible.

This law, elaborates Morris, has necessitated establishment of group homes throughout the state to provide a home and some supervision for developmentally disabled adults. In all, 54 group homes are expected to be operating by June of 1977. By this date, the Developmental Disabilities Bureau of Social and Rehabilitation Services anticipates having placed at least 238 individuals now in Boulder and another 40 from Galen back in to the community in either foster homes or group homes.

By law, all of the foster and group homes must be licensed by SRS. Group homes already have begun operation in some cities and are being established in others. They will provide a family type of living situation with a moderate amount of supervision.

Not Satisfied? Request a Fair Hearing



Henry Flatow

An avenue of recourse is available anytime an individual, group or facility receiving or paying public assistance is unhappy with a decision regarding welfare funds. That avenue is the fair hearing.

Provided for by the Social Security and Public Welfare Acts, the fair hearing allows opposing sides to air their cases before an impartial hearings officer. Henry Flatow is the fair hearings officer for the Montana Department of Social and Rehabilitation Services.

"Most of our hearings—probably about 90 per cent—are the result of action by the SRS Economic Assistance Division," says Flatow. "That is, medical assistance, food stamps and aid to families with dependent children. On the average the hearing decisions have been fairly equal—probably about 60-40 in favor of the department (SRS)."

Some of the general reasons for which a hearing may be requested include: not being given the opportunity to make application or reapplication for assistance; delay in getting action upon an application; rejection of an application; an assistance grant that seems inadequate; change in or discontinuance of a grant; disagreeable, including restricted or protective, payments; or disagreeable conditions on payments, such as certain work requirements.

Once a request for a hearing has been made, a prehearing conference is scheduled between the parties involved. According to Flatow, "About 60 per cent of the requests are resolved through the prehearing. Sometimes an error has been made that is correctable or sometimes there may have been a lack of communication."

Requests for a hearing may be made by applicants, recipients, providers of services or anyone else involved in any of the forms of public assistance.

"The department director," according to Flatow, "wants it this way, so everyone will be treated fairly."

Requests, Flatow explains, may be made directly to the Department of Social and Rehabilitation Services or to the county welfare department. When a request is received by Flatow, he sets a time and place and informs the applicant at least ten days in advance of the hearing date. Flatow is allowed 60 days in which to dispose of a hearing request. This includes issuing his decision.

The actual hearing is informal, however rules of evidence are followed. The requestor has the right to be represented by Legal Services or by a personal lawyer, but this is not necessary. Flatow does note, however, that in most instances a lawyer or another authorized person has represented the petitioner.

The petitioner has the right to inspect all the

information pertaining to the case that will be introduced at the hearing.

The hearings officer listens to both sides and then makes his decision. This decision must come within ten days of the hearing. If either party still doesn't feel the decision is satisfactory, an appeal may be brought before the State Board of Social and Rehabilitation Services. The board is allowed 30 days for its entire procedure.

If, at this point, either party still remains dissatisfied, the appeal may be carried through the courts.

Whenever a final decision is made in favor of the requestor, corrective action and payments are made retroactive to the date the incorrect action was taken.

Flatow, who conducts about eight to ten hearings a month, says the requests for fair hearings have increased over the past year, despite the reports that the number of people receiving public assistance has decreased.

"This," he comments, "is probably because people are becoming more aware of their rights." SRS has stressed the right to a fair hearing and low income organizations and outreach groups have made people more aware.

A couple of examples of the types of cases he hears are given by Flatow:

In one instance a day-care license was refused. The day-care person, who had had a provisional license to look after children in her home, appealed.

Flatow found that minimum safety standards had not been met, so a regular license could not be issued and another provisional license could not be allowed.

In another instance, special treatment and surgery were required to save the life of a Medicaid patient. The patient's county welfare office objected to paying its share of medical expenses because it said the care, which was administered in a private hospital, could have been less expensively given in the county hospital.

Flatow ruled that the county welfare department would have to pay because the patient required immediate attention and the hospital to which the patient went was better equipped for the particular operation and treatment required. In his ruling he added that the patient was transferred to the county hospital as soon as it was medically safe.

A fair hearing is everyone's right. It is against the law to discriminate against any individual or agency that has requested a fair hearing, so anyone who feels he has good reason to believe he has been treated unfairly should not hesitate to ask for a hearing.



We Took First In the Sack Race!

A person's attitude toward recovery after having had a limb amputated can get a big boost from a properly fitted and comfortable prosthetic device.

"You know, you tend to feel so conspicuous at first," says one amputee. "Plus, you may still be feeling sorry for yourself, but an artificial limb that fits well can do wonders for your self-confidence. There's no reason you have to be in pain or even feel distressed."

The Montana Rehabilitation Center for Children and Adults in Missoula is the place where people go to have limbs fitted, to learn how to use their prosthetic devices and to talk with other amputees. Phyllis Bagley is the center's administrator. Dr. Robert Yost is medical director.

Not long ago, Bonnie Kelsey, an amputee from Bozeman, reluctantly visited the clinic but returned with not only a new leg but a shot of encouragement as well—and—a word for others who are hesitant about going to the Rehabilitation Center.

She says, "I was first informed of the amputee clinic at the center when Rita (Solem, counselor) of SRS Vocation Rehabilitation Services in Bozeman, told me I would have to go to Missoula where a Dr. Yost and some 'leg makers' would size up my possible need for a new prosthesis. I had had the same prosthesis for some 12 years, but it was too tight. I had gained too much weight; (my prosthesis) had become difficult to get on and even more difficult to remove, but, like most amputees, I hated change, however minor or necessary.

"The clinic evaluation appeared to happen rather fast. I was surrounded by various amputees, legs and arms, some with crutches and some in wheelchairs. A nurse gave me a pair of shorts and I was told to put them on, and then I joined the semi-circle of folks awaiting an evaluation."

Ms. Kelsey continues, "With Dr. Yost in the center of the room, names were called and each of us would manage to go, in his own particular fashion, to the center of the room. It was sort of 'front and center on the double!'

"When my turn came, it was quickly decided I did need a new prosthesis. I walked, then sat down and Dr. Yost said, 'Well, Kiddo, I'm literally going to pull your leg,' and after some tugging, he got it off and examined my limb. When the evaluation was finished, with the help of another man, he scooted me back in my chair to my position. I liked it when he called me 'Kiddo'.

"As the day wore on I marvelled at the smoothness of the operation. Records were kept on everyone, and Dr. Yost would state what had been done with each patient and what was

planned. I was filled with envy when some walked so well and with compassion when I noted some folks were withdrawn and anxious.

"I chatted with one lad who was in his last year at the University of Montana, majoring in anthropology. He told me of his brood of chickens; I think he said he had 12. He had lost his leg when he was seven and he asked, 'Do you think it would be alright if I went barefoot and wore shorts this summer?'

"I said, 'Why not? Your friends all know you wear a prosthesis, and looking at it should not bother them if they're your friends. And if it does bother them, then that's their problem. But it's no big thing, really. You are walking and you're not alone. Handle it your way. There is no other way.'

"Then I told him of a recording I had heard recently by Roger Miller, and it's way out! It's called 'College Life' and it goes like this: 'Oh Ma, tell Dad I don't want no more of college. I wanna come home. I had a date the other night. We danced all the slow ones; she had a wooden leg.'

"Then another voice on the record said, 'Oh, my that's terrible!' The reply was, 'Oh, it wasn't so bad, we won first place in the sack race.'

"So now my retorts these days are either 'That's the way the Mickey Mantles,' or 'We won first place in the sack race'. I call that ACCEPTANCE, and after one loses a leg or an arm, or perhaps even two, it is futile to wonder 'why?'. It's much like saying, 'I wonder why it had to rain, and just on the day we planned a picnic.'

"One lady in a wheelchair had had a recent heart attack and her doctor had told her he'd rather she not attend this evaluation clinic, but she stated, 'If you don't let me go, I'll have another heart attack!'

"Now that the clinic is in the past, I find myself wondering how she's doing, and my thoughts drift to the other amputees I had had the privilege to exchange views with.

"Again, I repeat, it wasn't so bad; we won first place in the sack race."

In addition to its amputee clinic, the Rehabilitation Center offers treatment, counseling and social services for patients with cerebral palsy, meningitis, multiple sclerosis, muscular dystrophy, arthritis, Parkinson's Disease, polio and leg and back injuries.

The center has a speech clinic, a chronic pain clinic and an upper extremity clinic. It also maintains hearing testing, work evaluation and psychology programs.

Some of the staff members are paid through a grant funded by HEW and the Montana Department of Social and Rehabilitation Services. Medicare and Medicaid help pay expenses for eligible patients.

Ollie Randall Packs a Wallop



"Gutsy! Hard-fisted! One hell of a woman!" That is the white-haired lady, somewhere in her 80's, who was the special speaker at this fall's Governor's Conference on Aging. That is Ollie Randall!

"Old people used to be 'a problem'," Ms. Randall told an airplane companion after her conference appearance in Glendive. "Then they became 'people with a problem'. Now we are people who solve our own problems."

One of Ms. Randall's favorite people was "Bronco Charlie," an old character who traveled with Buffalo Bill's circus and lived until he was 104.

Ms. Randall is a character too, of sorts. And she HAS character. She is an individual, and she reminded those who heard her speak at the conference that, "We are the most individualistic people alive today."

"We hear much today of the new generation of the elderly—the 'aging and the aged'. This implies that we are a group, which we are not—for the phrase attributes the same characteristics to all of us."

Ms. Randall spoke of the difficulties older individuals have today. She compared economic conditions to those of the 30's.

"However," she stated spiritedly, "despite this gloomy outlook, we are here to discuss the dawning of a new era for older Americans—one which is not entirely rosy, but which, if we use it wisely, should be one in which we realize more fully our own potentials for living and for contributing to the common good and our own best interests."

"There are several new dimensions," she continued, "which should help us to believe more in our own capabilities than we have in the past. For instance, older people represent a greater proportion of the total and of the adult population than we ever have before and we can no longer be thought of as a minority. We must use our new found strength and realize that with our numbers we have the right and the responsibility to exercise the privilege of voting in our own best interests as well as for the common good. We owe it to ourselves to use this right diligently and intelligently."

According to Ms. Randall, "We must all keep in mind that decisions in government are being made not for the purpose of actually alleviating a burdensome situation for people, such as lack of money, health services, transportation, choice of housing of the right sort, continuing education, recreation and the ability to use our parks and other resources, as well as the right food in the right amounts, and the ability to reach our churches or have them reach us. Rather, decisions on programs are made over and over again with the sole aim of saving public dollars at the expense of the people for whom more dollars should be made available."

"The greatest priority for older people," said Ms. Randall, "is the ability and opportunity to create a quality of living that is consonant with an individual's wishes."



Don Gibson, member of the Governor's Advisory Council on Aging, and Ollie Randall.

This takes money, Ms. Randall said, but she also pointed out that sometimes money isn't necessary at all because the prime factor is "understanding of that which gives satisfaction in being alive".

"The easiest way of meeting life's needs," she continued, "is through provision of the dollars essential to make it worthwhile. We hear constantly of the poverty of the elderly—and this is mainly 'poverty of the purse'. Yet poverty of the spirit is much more corrosive to our morale than poverty of the purse will ever be, and it is much more difficult to alleviate."

Ms. Randall suggested that spiritual leaders attempt to do more for the elderly and that a better linkage be developed between social workers and spiritual leaders and also the medical profession so that the individuals needing help do not "fall between the cracks".

In conclusion Ms. Randall quoted Norman Cousins from "A Rendezvous with Infinity":

We justify the gift of life in many ways—by our awareness of its preciousness and its fragility; by developing to the fullest the sensitivities of potentialities that come with life; by putting the whole of our intelligence to work in sustaining and enhancing the conditions that make life possible; by cherishing the human habitat and shielding it from devastation and depletion; by removing the obstructions in our access to, and trust in, one another.

The celebration of life is the most natural on earth.



Photo, left: Ollie Randall, featured speaker at the Governor's Conference on Aging. Photo, right: Gov. Thomas Judge greeting one of the participants.



Gov. Thomas Judge Urges Active Interest

"Elected to the position of chief executive officer of Montana's state government and conferred by the people with this state's highest position of public trust, I do not govern the people." Gov. Thomas L. Judge told the luncheon crowd at the Seventh Annual Governor's Conference on Aging this fall in Glendive.

"I do not rule the people or tell them what to do. I am not their boss. It's the other way around. Through the giving and withholding of their consent, as Thomas Jefferson wrote nearly 200 years ago in the Declaration of Independence, the people direct the government—at the state, as well as the local and national levels. The people are the boss. They tell me what to do. They tell me what services they want and need. They tell me and the other elected state officials how they want to pay

for those services.

© "That is why," said the Governor, "it is a special honor for me today to stand before so many of the people I work for."

About 300 persons attended this year's conference. During the confab it was decided to hold next year's meeting in Kalispell.

Continued Gov. Judge, "Since we became a state, Montana has contributed enormously to the national wealth. Our gold, our silver, our coal, our copper, our oil, our lead, zinc and manganese have amounted to nearly \$9 billion. Our agricultural production is prodigious: we are second in the nation in barley, third in wheat, sixth in sheep, eighth in cattle.

"Our potential is still untapped. We have enough oil and coal to supply the world's energy needs for the next 36 years. By putting more land under irrigation, we could increase our wheat crop by nearly a half.

"Montana has given much to the nation and to the world," Judge said, "and it can give much more.

"But what Montana was and what Montana is today and what it has the potential of becoming is due largely to the sweat and determination and spirit of the men and women in this room and of the more than 100,000 Montana senior citizens you represent who could not be in Glendive today.

"For it was you who built our schools and maintained them; you who built our highways and maintained them; you who built our hospitals and universities. Montana is the state we all love and respect because God made it one of the most beautiful places on earth, and you made it inhabitable by people."

The Governor went on to tell the audience, "As you enter this period of your life, when you are supposed to enjoy the rewards of many years given to toil for your families and communities, you find yourselves faced with a range of special problems.

"Your need for medical care increases. Food costs, along with the prices of everything else, are rising. Cheap and accessible transportation is a necessity.

"At the same time, your incomes are cut at least in half and frozen at inadequate levels. Many senior citizens cannot pay for the things they need, and they are forced into institutions. At precisely the time in their lives when they are fully free to contribute the wealth of experience and knowledge developed over a lifetime, many of our older men and women are given no choice but to be uprooted from their communities and placed in nursing homes.

"It is one of the madnesses of the federal aid system," verbalized the Governor, "that we are willing to spend as much as \$600 a month to keep a person in a nursing home when we will spend only \$350 a month to keep that person free and independent and still contributing to his or her community."

The Governor explained how Title 20 of the Social Security Act, signed this year by President Ford, has set forth some fine goals and has provided for the citizens themselves to decide what social services they need the most. However, he said, Montana was given \$8½ million and "we need \$13 million a year."

As Judge pointed out, "The underfunding of the program by the federal government has put the aged in competition for funds under Title 20 with programs for developmental disabilities, youth development, legal services, family planning, day care, foster care, social services, protective services for children and adults and transportation.

(Continued on Page 12)



Photo courtesy of Glendive Ranger-Review

Aging Conference Workshops Reviewed Concerns of Seniors

Workshops on where the money goes, adjusting to widowhood, public information, and the community nurse were presented in Glendive for the 300 people taking part in the Seventh Annual Governor's Conference on Aging.

The fiscal workshop, conducted by Jerry Foley, SRS Fiscal Bureau, was intended to give participants an understanding of the importance of accurate and timely financial records and reports.

According to Foley, "All money granted through Area Agencies on Aging to local projects by the SRS Aging Service Bureau in Helena is federal money, derived from federal taxes. There is no state tax money used by local projects or Area Agencies. The federal government makes a certain amount of money available to each state every year for aging projects, and in Montana the Aging Services Bureau of the Department of Social and Rehabilitation Services is designated as the agency to administer this federal program. Along with the authority to administer this program goes the responsibility to insure that all funds are used within the intent of Congress and the Administration on Aging, a division of the Department of Health, Education and Welfare."

The federal government, Foley explained, sets minimum standards "for keeping track of how every dollar is spent" all the way down the line through the local level.

E. Clifford Brennen, social work Ph.D. and professor of studies on older people at the University of Montana, spoke about adjusting to

the death of one's spouse. He prefaced his workshop with reference to surveys made within the past couple of years in Montana in which older Montanans indicated that the frontier spirit persists in the rural aged population.

A detailed study of 690 persons in northeastern Montana led researchers to conclude, in Brennen's words, that "our senior citizens value their freedom and independence too much to ask for help and thus risk being considered dependent by others. Some even withheld complaining about their living conditions for fear they might be sent to a rest home."

Brennen said the report showed that the elderly consistently understate their needs. He said only a small number of those interviewed, regardless of their needs, wished to accept help with transportation, housing, health needs or nutrition. In review, he noted:

- One out of every five revealed their only means of transportation was "just plain foot power". But when asked if they'd like help with transportation, only eight per cent of the same people said "yes". Twenty-seven per cent said they would like stores to make home deliveries, but Brennen explained the difference—people pay for groceries or goods with their own money, and delivery is only customer service.
- More than half reported chronic health problems, but only ten per cent said they had any trouble with day to day activities such as washing, dressing, eating or getting around the house (except up and down stairs).



Top photo: Clint Hess, director, Region 8 Aging Services, Denver, and Mabel McCartney, participant in the conference.
Bottom photo: Delia Vaughn, Anaconda, got a kiss from Gov. Tom Judge after she was named Volunteer of the Year.

- Only three per cent were willing to receive information on food stamps. Seven times as many said they would like a hot meals program. Brennen said this is because the federal subsidy is less obvious with congregate feeding or meals-on-wheels.

Brennen believes that "many oldsters will say that we ought to have such-and-such services for senior citizens but would deny that they themselves would use such services.

"It seems then," he added "that a major task is to design programs which will help older persons while allowing them to maintain their dignity."

Brennen believes that social workers and special agencies are not the only answer for providing help. The greatest resource, he feels, is just plain people.

Turning to widowhood, as a specific problem where people can help, Brennen noted that life expectancy for women is 75 years compared to 68 for men. Considering the fact that on the average, women marry men who are three years older than themselves, he said women can expect to be a widow for ten years.

"Society has not yet developed means for preparing women (or men) for widowhood. We have ways of preparing members of our society for school, jobs, marriage, childbearing and community leadership. But what practice do we provide for living alone after the death of one's spouse?"

Brennen suggested that a voluntary program could be begun in Montana where widowed



Joe DeLong, chairman of the Governor's Advisory Council on Aging.

individuals who had made the adjustment to being alone could use their experience to help others. They could make personal contact with newly widowed individuals to give them moral support and practiced advice.

"Natural helpers" is what Brennen calls people. He said widowhood volunteers is just an idea—one which can lead to lots of other little ways in which the experience of others can help.

He pointed out too that federal and state money cannot possibly fund all the needs of older Montanans so any little ways that people can help will ease the problems. He said, "Think natural. Think small. But don't turn down any federal or state monies."

Walter Marshall, education-research specialist for Aging Services Bureau, gave participants tips on preparing news, features, public service announcements, photos and other information for newspapers, radio and television.

He presented suggestions for making a television appearance.

Marshall pointed out that Aging Services has available a number of films pertaining to older people that can be loaned out free of charge and that Aging Services also has a speakers bureau to talk to groups and organizations.

He mentioned the 24-hour senior citizens telephone hotline which allows older people to call Aging Services any time for help with their problems.

He said a new hotline service—the nursing
(Continued on Page 12)

More Workshops . . .

home ombudsman—has been added to answer questions from and about nursing homes.

Virginia Kenyon, chief of the Nursing Bureau, Montana Department of Health and Environmental Sciences, told workshop attendees that “health needs of the people are not being met at present.”

More comprehensive services are needed, she said, coupled with more continuity. “Services need to be closer to the people who need them,” she went on to say. “If you live in Outlook, it is pretty hard to go to Billings or Great Falls or Rochester.

“Our whole system right now is based on making profits from sick people,” according to Ms. Kenyon, “so the next thing we need badly are services at reasonable cost.

“What this all boils down to then is some kind of community based services . . . where people can go for all kinds of preventive or rehabilitative services or for medical care when that is what is necessary. Sometimes people need help in getting to see a doctor. This might call for a local ambulance service or other transportation, or it may be help in getting an appointment with a doctor when that is the need. So, we need to take care of more people in their home community and this will include services to be delivered to them in their own homes.”

Ms. Kenyon spoke of the scarcity of doctors, especially in rural communities and of the impossibility in many areas of doctors being able to make house calls.

Nursing homes are not always the answer, she added.

One solution, she said is “the nurse in your

community. A nurse can help you catch your illness early—at a time when treatment does the most good.”

A nurse can, for instance, “help your doctor manage your diabetes, hypertension, arthritis, stroke, kidney disease, etc., by observing your signs and symptoms and relaying this information to him on the phone. Such diseases often require long-term maintenance and supportive services for the ill person and his family.

“Public health nurses who hold regular office hours have a kind of system developed. They can provide people with many different kinds of services—counseling and guidance, assessment of their problem, observation of their symptoms and information about the resources in the community. Those that need medical attention will likely get to a physician more quickly because a nurse has performed a sorting function. One of the most valuable services a nurse can provide is her ability to assess situations and make decisions about needed care. I believe the nurse can assume much more responsibility for direct patient care.

“We have the results of several surveys,” according to Kenyon, “that indicate home health care is one-tenth as expensive as institutional care.

“We have found,” she stated, “that the public is willing to pay for the service provided by a nurse. Public health nurses are paid by tax funds so the reimbursement problem is partially solved. Fees could be used to provide more nursing care—maybe to those who are bedridden at home or to those who cannot pay at all.”

Ms. Kenyon said she doesn’t have the funding answers but she can help nurses find out from the people how they can help.

More from the Governor . . .

“Title 20 is so badly underfunded that it has placed programs for the aging in competition with each other. Meals-on-wheels, home health care, homemaker services, transportation will be competing against each other for funds.

“It has been apparent to me,” Gov. Judge observed, “that under the last two administrations in Washington the federal government is attempting to destroy social services to the people.”

The federal programs for the elderly are administered in Montana by the Department of Social and Rehabilitation Services. During the summer the department held hearings around the state to determine what services Montanans felt held high priorities. As a result of the hearings, a \$480,000 supplement was allocated to special projects for senior citizens. For the first time now, nutrition programs will be able to be made available in all of the state’s planning districts, including the reservations.”

He said the legislature in its last session more than doubled state support for institutions for mentally ill and retarded, but, as he pointed out, “As a result of Senate Bill 377, proposed and supported by this administration, growing old, or physical dependency are no longer an acceptable basis for commitment to a state institution.”

Plans are in the offing for construction of two

new nursing homes for those who cannot remain in their home, and funds for the Medically Needy Program for people above welfare standards, have been fully restored.

The senior citizens telephone referral hotline remains in operation, and a nursing home ombudsman in the Department of SRS has been established to handle all inquiries and complaints regarding nursing home services in the state.

The state’s first Housing Finance Agency was created this year to provide up to \$75 million in low interest loans to persons wishing to construct low and moderate income housing.

Gov. Judge mentioned that the area agency on aging scheme has been completed with the recent formation of the Indian Area Agency which comprises all seven Indian reservations.

As for the future, the Governor lamented the situation that arises all too often in which senior citizens are forced from their homes because of high property taxes. He said that for the past two years his property tax relief bills have been defeated, but he is not ready to give up.

He urged the state’s senior citizens to join him in his fight for tax relief. According to Judge, “If this gathering of senior citizens would have convened in the Capitol on the same day as the Senate vote, I am sure that the Montana Senior Citizen Tax Relief Bill (as the bill was known in the 1975 legislative session) would now be law.

Youth, Parents Learn How to BE

“Youth in need of care” were the primary responsibility of the Montana Children’s Center at Twin Bridges before the legislature closed the facility this year. Over the years, the population at the center averaged about 90 children and youth, with 54 young persons in residence the day the phase-out of the facility was begun. Now those young people and their families—and others like them—have a new alternative for help.

Three achievement places and one family treatment center are being established with funding from Title 20 of the Social Security Act, which provides for social services. The achievement places are in Great Falls, Helena and Billings, and the family treatment center is in Helena. The Title 20 funds which provide the basic funding are administered by the Montana Department of Social and Rehabilitation Services.

These programs, aimed at “troubling” youth, will help such young people understand why they are in the situation they are in and how they can get out of it, says Geoffrey Birnbaum, coordinator for the Child and Youth Development Bureau of SRS.

The achievement places will be group homes with full-time houseparents and will be able to care for eight young people at a time. The family treatment center will be an education-service center which will be able to assist about 100 families a year.

Twenty-four-hour professional houseparents will run the achievement places and help the kids learn to overcome or handle any behavior problems they have.

“Social learning is the model for the achievement places,” says Birnbaum. “It assumes that behavior is learned. If a young person is, what we prefer to call, a ‘troubling’ youth, one of his problems is that he’s not adapting for some reason.

“We want to give a kid a consistent feedback,” Birnbaum continues. “We want him to be assured he will get certain rewards and certain punishment for certain behavior.”

A court will have the only authority to put young people in the attention places. Unique in a judge’s decision to place a youth in an achievement place is the fact that a judge also has to indicate where the youth is to go after his or her stay at the group home is over—whether the youth will return home or move in with a foster family.

The group home concept is very structured when a young person first comes in. It employs a point system where “good” behavior is rewarded and unacceptable behavior is punished.

Birnbaum notes that points are given or refused consistent with certain kinds of behavior. For many of the residents, he says, this many be the first time in their lives that their behavior has been treated consistently.

In conjunction with the point system, the staff will use what they refer to as “teaching interaction”. This concept, which has ten components, will teach the youths why certain types of behavior are or are not acceptable, what the consequences of certain behavior could be and how behavior can be changed.

“At the very foundation of this program,” according to Birnbaum, “there still remain the major issues of relating to each other as human beings and gaining mutual respect that will facilitate all interactions.”

As youths in the achievement places develop behavior skills and self-control, the structured elements of their stay are reduced. At first the houseparents will distribute points. Later as the youths develop within the program, they will go on the honor system and give themselves the points. As time nears for them to leave the achievement place, the point system will be phased out entirely because, as Birnbaum comments, “there are no points given in the real world”.

As a youth nears the end of his or her stay, he will go back and forth between the group home and his natural home or foster home. Prior to this time, the staff will have been working with the family and will have gone into the school to work with the youth’s teachers.

The family teaching center will be located in Helena and will reach out across the state. It will take younger children (6-12 years) than those the court will assign to the group homes. Placement in the teaching center may be made by self-referral or referral by any agency.

Birnbaum explains that at the center, families will enter into an informal learning contract. One of the first things the staff will do is discuss with the children what things their parents, teachers and others do to make the children act the way they do. What things make them want to rebel? What things do they respond positively to? The staff also asks the same questions of the family and the teachers. What things make you furious with these kids? What things make you feel you have no control? What things make you feel good about them?

“Through the center we will try to teach mothers and fathers how to parent,” says Birnbaum. Here, he points out, clinicians will be used to guide the parents, teachers and youths.

The center will try to teach the parents how to handle the child’s demands and their own reactions, how to show affection, how to develop respect for and of the child, how to demonstrate authority and how to cooperate. Children will be taught the same things with respect to parents and other figures of authority.

As Birnbaum explains it, parents have three options at the center. They can try a method of parenting and succeed. They can try a method of parenting and find out it doesn’t work for them. Or, they can not try it at all, which is considered the only failure. For this, parents are punished, says Birnbaum. They will be charged a fine.

The family teaching center also will have clinicians who will go into the schools. “We feel that giving teachers the skills to deal with troubling kids is perhaps the most important element.”

Funding for both kinds of facilities is through Title 20 of the Social Security Act which provides Montana with a total of \$8.5 million to be shared among all of the SRS administered and contracted social services. The SRS Child and Youth Development Bureau, which is program developer for the achievement places and the family treatment center, has available for these facilities \$153,000 in Title 20 funding and \$51,000 in state money for a total of \$204,000.



Sharon Cromeenes, Visual Services counselor supervisor, talks over the caseload with counselor Joe Baumgartner.

A Sight Impairment Need Not Halt Life Say Visual Services

by Sharon Cromeenes, Visual Services
Counselor Supervisor

Legally blind persons in Montana number about 1,800. More than 50 per cent of them are 65 years of age or older.

We have no way of estimating the population of visually impaired in the state.

Visual Services Division of the Montana Department of Social and Rehabilitation Services wishes to be of help to visually impaired citizens in Montana as well as those who are legally blind.

Legal blindness means that visual acuity does not exceed 20/200 in the better eye after visual problems have received correction.

The three major causes of blindness in Montana are cataracts, glaucoma and diabetic blindness. Some 150 Montanans lose their sight every year.

How can Visual Services help with eye problems? There are two approaches. One is our Sight Conservation and Prevention of Blindness Program which encompasses treatment, surgery, hospitalization and glasses if they are necessary as part of such treatment. Those who need such services but are financially unable to obtain them may apply for help at any one of the SRS Visual Services District Offices located in: Helena at 25 South Ewing; Billings at 1211 Grand; Great Falls at 1818 Tenth Avenue South; Missoula at 818 Burlington, Room 109; Miles City at 708 Palmer; Glasgow at P. O. Box 246, and Butte at 517 Front Street.

The other source of help is our Rehabilitation Program. In this instance, eye care can be provided



Dick Field, business enterprise supervisor.



Richard Peel, who recently resigned to accept a new job, was state librarian for the blind and physically handicapped and supervisor of institutional library services.

as part of a package to help a person reach a vocational goal.

Under both programs we expect a person to utilize personal resources, Medicare, Medicaid or private insurance toward the medical expenses. Then we can pick up the difference.

Personal services also are available through Visual Services. Riki Wetsch, orientation specialist, provides services on a state-wide basis to all ages. She is skilled in teaching a person independent travel with the use of a white cane. This involves helping a person to travel outside the home—such as walking from home to the supermarket and back without a personal guide.

We have three rehabilitation teachers who cover the state, and a business enterprise supervisor, Dick Field, who helps visually handicapped persons get established in businesses of their own. We also have a number of counselors.

Any of our services can be requested at any of our district offices.

All of us are interested in self-improvement. We want you and your friends to know also that if you can no longer see well enough to read, you can borrow books and magazines in large print from the state library. There also are home-study courses on tape and in large print.

Each summer the Montana Association for the Blind offers a five-week orientation program for the legally blind at no cost to participants.

Legally blind persons also can travel by bus and train at reduced fares.



Dr. James McCabe



Ben Webinger, left, and Pat Fagan



Art Hart, chief, SRS Rehabilitative Services Bureau, and his booby prize.



Maggie Zednick

Several SRS Employees Received MAR Awards

Dr. James J. McCabe, Helena physician, was winner of this year's Dr. Louis W. Allard Award presented by the Montana Association for Rehabilitation for his outstanding contributions to the field of rehabilitation. This is one of the highest honors given by MAR.

Two employees of the Department of Social and rehabilitation Services also were presented awards from MAR at this fall's conference. They are Ben Webinger, the Achievement Award, and Maggie Zednick, the Meritorious Service Award.

McCabe, who is chief medical consultant for the SRS Rehabilitative Services Division, is a member of the State Board of Medical Examiners and medical directors of the Montana Physicians Service.

According to MAR, "Dr. McCabe has repeatedly devoted much time in representing medically the Rehabilitative Division and has dealt effectively with other doctors within the state to promote greater understanding of the uniqueness and importance of the program by the Medical Society."

Webinger is staff development specialist for SRS Rehabilitative Services with responsibility for the vocational rehabilitation general and visual services programs. He has been responsible for identifying training needs for all levels of staff in both programs. Presently he also is involved with the Regional Rehabilitation Continuing Education Program.

"It is her expertise that has caused rehabilitation facility development in the State of Montana to reach the status and quality that is has to date," said MAR of Zednick in presenting her award.

She has been with Rehabilitative Services since 1971 when she became the first planner and evaluator for vocational rehabilitation. Later that year she became facilities and state reorganization specialist. In 1972 she became chief of the Special Projects Bureau.

In her early career with rehab, Zednick worked with the Youth Development Program, now the Child and Youth Development Bureau. She

administered the Developmental Disabilities Program when it was begun in Montana. Presently she is responsible for joint planning and initiation of services between the Department of Public Instruction and the Vocational Rehabilitation Program. Zednick is the state's expert on wage and hour certification of handicapped workers.

Montana Counselor of the Year was awarded to Pat Fagan of Billings. Fagan coordinates the work-study program between Billings Senior High School, Billings West High School, the Billings Sheltered Workshop and Yellowstone Boys Ranch.

Jean Neyrinck, regional specialist on developmental disabilities, was the recipient of the Elkins Counselor of the Year Award. She was instrumental in organizing the Coordinating Committee for Services to Disabled Adults. She also is chairman of the Extended Employment Committee.

Another significant award—the President's Award—was given by MAR to World Wide Press, Inc., for setting an outstanding example of helping the handicapped in training and employment. World Wide Press manufactures gambling equipment in Great Falls for distribution in and out of the state. Currently the company has 65 employees, of which eight are deaf, one is blind and four are mentally retarded. Several more of the workers are WIN and CETA employees. The handicapped workers have been trained to use printing presses, punch presses, cutters and packaging equipment.

The Civitans Club of Bozeman received the MAR Organizational Award. The Civitans adopted a project to assist the mentally retarded in their community. They have donated time and manpower to renovating a building and have contributed tools, equipment and vehicles to the newly created work activity program for handicapped persons.

The Bozeman Civitans, said MAR, "perceive that the mentally retarded, as all individuals, appreciate a work environment which enhances pride, motivation and productivity."

Benefit Notices Sent Out Within About 6 Months Of Military Separation

Each of the 50,000 men and women leaving military service every month can expect at least five Veterans Administration communications within six months of their separation date.

Upon notification by the Department of Defense of termination of active duty under conditions other than dishonorable, the VA tells the new veteran of his eligibility for benefits, according to Charles Walter, director of the Fort Harrison VA center.

The veteran is urged to contact the nearest VA regional office or a representative of a veterans' service organization for complete application procedures.

"Separate communications are sent to veterans providing them with GI Loan Certificates of Eligibility for homes, condominiums and mobile homes and also information on insurance and educational programs," Walter explained.

"Six months after release from the military, veterans receive a follow-up VA letter, again reviewing the veterans' benefits timetable. Particular emphasis is given to those benefits which require application within a year of separation."

The benefits timetable includes:

- Register with local state employment service office. Veterans have up to one year to apply for unemployment compensation, but applications filed after a long period of unemployment could result in a lower rate of unemployment compensation.
- Within ten days, if previously registered with the Selective Service, report addresses through local board.

- Within 90 days, apply to former employer for reemployment.
 - Within 120 days (up to one year if totally disabled, convert Servicemens' Group Life Insurance.
 - Within one year from date of notice of VA rating in disability, apply to VA for special National Service Life Insurance based on service-connected disability, if applicable.
 - Within one year, apply to VA for dental care.
 - As soon as possible, apply to VA for GI education or training, which must be completed within ten years of separation from military service.
- There are no time limits for veterans to:
- Apply for GI loan guarantees to buy, build or improve a home.
 - File claim with VA for compensation for service-connected disabilities or disease or to apply for hospital care.
 - Seek assistance from local state employment offices in finding work or entering Labor Department job-training programs.

Mini-Grants for Youth

Adventure and curiosity are being encouraged through "mini-grants for community youth recreation," announces the Child and Youth Development Bureau of the Department of Social and Rehabilitation Services.

The grants are provided for with funds from Title 20 of the Social Security Act and range in size from \$250 to \$5,000. Any city, county or youth group is eligible for funding under this program.

The Child and Youth Development Bureau hopes use will be made of these grants because the bureau believes, "Adventure is an integral part of a child's growth experience. It is risk taken for the sake of curiosity. For having faced the unknown, a child reinforces his curiosity, develops an undefeatable spirit, recognizes sensible self-denial and strengthens his tenacity in pursuit."

Construction costs are not eligible for state financial participation unless they are shown to be an integral part of the project or activity for which the funding is being requested.

The bureau notes that federal regulations under Title 20 do put some limits on the eligibility of clients to receive services.

Application forms are available by writing: Mini-Grants in Recreation, Child and Youth Development Bureau, Montana Department of Social and Rehabilitation Services (SRS), P. O. Box 1723, Helena, MT 59601.

Information Unit
Montana Social &
Rehabilitation Services
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